

The background of the cover is a photograph of a large, dark, textured rock formation in the foreground. In the distance, a hillside is visible with three crosses standing on it. The sky is a pale, hazy blue. The overall tone is somber and reflective.

# THE

# MESSENGER

**APRIL 2019**

Vol. LVII ● Issue No. 4



# WHAT'S INSIDE



**BEN BRAGS ON THE SAVIOR... 6**



**INSIGHTS FOR GROWTH – 1-3... 16**



**ANNA HUGGINS/JCBC ... 9**



**HALEY WHERRY... 10**



**GREG BURTON ... 22**



**MARK YOUR CALENDARS... 21**



SPRING  
is here>>>>>>  
WELCOME  
all the new  
beginnings

Easter



SPRING

Spring

Holston wishes you a blessed  
and beautiful Easter  
& Spring 2019!



SPRING





# STUDENT CONFERENCE

RIDGECREST CONFERENCE CENTER

APRIL 5-7

[HBASTUDENTS.COM](http://HBASTUDENTS.COM)

# SEEK FIRST



*Shai Linne*



*Michael Kelly*



*Liberty Worship  
Collective*



# Palm Sunday: April 14







**"Christianity is spreading faster  
now than at any time  
in human history!"  
(The Kingdom Unleashed)**

Over the last century, Africa has increased from 9M to 337 Million Christians; Latin America from 50,000 to 64 Million Protestants; and in 2019-China, 10,000 persons per day become Christ Followers. Today, every region of the Muslim world is experiencing "REPLICATING MOVEMENTS," including the most extreme regions.

**"WHAT GOD IS DOING IS DRAMATIC,  
WIDESPREAD AND ACCELERATING!"**

We have prayed for, dreamed about, and envisioned SPIRITUAL AWAKENING for decades...HERE. Why is God pouring out His Spirit all over the world — except North America and Europe? Maybe God just answers in a way we do not expect, or maybe...the rest of the world is making BIBLICAL DISCIPLES using BIBLICAL METHODS (and we are not).

Last month I wrote:

Spiritual Awakening = Making Disciples (Exponentially) as the Holy Spirit is moving every time a disciple is being made.

That is what is happening in (people groups) all over Africa, Asia, Latin America, the Middle East...the kind of places our human logic thinks impossible...where the God of the Impossible is most glorified! But the sobering truth...the most impossible region to awaken is North America, where prideful-shallow-unbiblical discipleship reigns.







□□

**BUT GOD...IS NOT  
INTERESTED IN HELPING US  
WORK HARDER AT DOING  
MORE OF WHAT WE HAVE  
BEEN DOING□□**

(First Priority: Define “Biblical Disciple.”)

Restating: Spiritual Awakening  
= Disciple-Making Movements  
(multiplying exponentially  
through people groups, all over  
a region)

Disciple Making Movement  
(DMM): a process of disciples  
making disciples and churches  
planting at least 100 churches,  
with four or more generations of  
replication. (Think of church as a  
number of small groups, not a  
brick and mortar complex.)

Wow. Sounds plumb  
impossible! In human wisdom  
and strength, it is.

BUT GOD...is not interested in  
helping us work harder at doing  
more of what we have been

doing, which we have proven  
INEFFECTIVE.

BUT GOD...is not interested  
in helping us create another  
program approach — Read this  
book, Take this class,  
Memorize this Scripture,  
Listen to these sermons,  
Memorize these answers,  
Follow these steps.

BUT GOD of the  
IMPOSSIBLE...would delight to  
engage with us to transform  
the fundamental culture of  
North American (and Holston)  
churches...and create in us a  
biblical, Disciple-Making DNA,  
which replicates exponentially  
as a Disciple Making  
Movement.

This is the vision and purpose  
for Holston’s Disciple-Making  
Networks.

We are not interested in  
creating another program  
approach. We intend to be a  
task force obsessed with the  
transformation of church  
culture...till Disciple-Making  
DNA replicates disciples and  
churches exponentially in a  
Disciple Making Movement,  
right here in NE TN. (How-To  
Strategies to follow.)

How dare we pray for  
anything less than spiritual  
awakening in us? How dare we  
pray for anything less than a  
mighty movement of God  
through us? — O God,  
whatever it takes!



# Bible Drill 2019

HBA Association Drill at Trinity Baptist

April 9, 2019 beginning at 5:45

Anyone may attend Drill to offer support to students!

\*Church Drills must be conducted by April 3<sup>rd</sup>.

Those advancing to the Associational Drill need to be reported to HBA office by April 4<sup>th</sup>. (423-929-1186)\*

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## **Northeast Regional Drill:**

April 27<sup>th</sup> at First Baptist Church Greenville

Time TBA

## **Youth and High School State Drill:**

May 4<sup>th</sup> at Mission Mobilization Center, Mt. Juliet, TN

Time TBA

For questions you may contact:

Anna Huggins 423-743-4741 or Susan Schiwitz 423-794-8182





# Spring...



BY ANNA HUGGINS

DIRECTOR OF MINISTRIES @  
JOHNSON CITY BAPTIST CENTER

Spring. With many plants in bloom now, and as Easter draws near, we are reminded of the new life that we have through Jesus. It is a blessed time to set our hearts on the day of our salvation. The gratitude that comes in remembrance of what Jesus did on our behalf also brings joy and love to follow after Him. In Psalm 96:1-3 (NIV), we read what our response should be:

*"Sing to the Lord a new song; sing to the Lord, all the earth.*

*Sing to the Lord, praise his name; proclaim his salvation day after day.*

*Declare his glory among the nations, his marvelous deeds among all peoples."*

All peoples need to hear of God's love, and this season gives us reason to share as we celebrate Easter. I pray that you will take every opportunity, wherever God has placed you, to tell your story of your salvation in Jesus.

The Johnson City Baptist Center is one of the places God has put me to serve Him. Each week we share truth about Jesus and what it means to be saved. Salvation is not only for those who are well-off, or without problems, or only for those who come to our churches seeking

answers, but also for those who may never feel comfortable or accepted enough to come to us. We are sent to go out and share the Good News of Jesus with those who are struggling, downtrodden, sick, or broken-hearted.

Where is God prodding you to go and share His love? Is it to go to a lost neighbor, a relative with an illness, a friend struggling with a problem, or a stranger who needs a helping hand?

We cannot sit back in our comfortable pews this Easter and ignore the call to obedience of sharing salvation with someone who is lost.

*"I have made you a light for the Gentiles, that you may bring salvation to the ends of the earth." Acts 13:47 (NIV)*

There is always a place for you to share God's love with us at the Johnson City Baptist Center. COME AND JOIN US!!

PRAY, also, with us as we finish our semester of Bible studies in May, and as we prepare for mission teams this summer.

Have a blessed Easter,

Anna





# OVERCOMING THE FEAR...

BY **HALEY WHERRY**

HBA Evangelism Training Coordinator /  
First Priority

## ...OF NOT KNOWING THE ANSWER

What is a question you have always wanted to know the answer to concerning God, the Bible, Jesus, etc.?

Write that question down.

Imagine if your school or place of work announced that next week, there will be a test given to everyone. All the questions that are to be on the test will be taken from a book that most of you already own and have had an opportunity to read. Every person that gets a 100% on the exam would be given their diploma and would be finished with middle school/high school or be given paid vacation for the next 10 years. In addition, everyone who misses at least one question has the opportunity to return 24 hours later. If they can answer those questions correctly, they will be given credit for them and can receive a 100 on the exam.

You would want to take that test, right? Would you fear taking the test and not attempt it, or would you jump head first into taking it?

If you took the test and missed any of the questions, what would you do? My guess is that your response would be that you would go find the answers to the questions in the book or ask someone who knows the answer and return the next day. Right?

As Christians, each of us must be ready for “pop quizzes”. Passing them will not result in us getting out of school or work, but could lead to something much more important...someone coming to know Christ as their Savior. These quizzes are times when someone asks us questions about our faith, about God, about the Bible or religion in general.

A common fear concerning this among Christians is the fear

of not knowing the answer to the questions they are asked. This phobia even has a name: Agnosiophobia = the fear of not knowing answers. This phobia can grip you when taking a test, or when someone begins asking you questions about your faith. This is a common fear, but one that we must be able to overcome in order to be witnesses for God’s Kingdom.

**1 Peter 3:15** says “*Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have.*”

That would include being able to overcome your fear of not knowing answers to the questions you might get asked. Here are some things you should keep in mind to help overcome your fears:

**1. Determine if the person asking the questions is genuinely seeking answers** or if they are simply asking questions to aggravate and





☐☐ **GOD IS BIGGER THAN YOUR FEAR, AND  
YOUR FRIENDS' ETERNITIES ARE TOO  
IMPORTANT TO LET FEAR GET IN THE WAY.** ☐☐

discourage you. If they are not interested in listening to answers, end the conversation and pray for them.

**Matthew 7:6** says, *“Do not give dogs what is sacred; do not throw your pearls to pigs. If you do, they may trample them under their feet, and turn and tear you to pieces.”*

In other words, do not waste your time and energy on answering questions for people who are not interested in hearing Truth. They are simply trying to trample you and your faith. Concentrate on those who are seeking answers and seeking God.

**2. Know that a little fear is good.** If you fear failing, then

it requires you to depend that much more upon God! When you fear someone's questions, don't let it stop you. Lean on the Holy Spirit to guide you and to work through you.

**Proverbs 29:25** says, *“Fear of man will prove to be a snare, but whoever trusts in the LORD is kept safe.”*

**3. Realize that the pop quizzes are coming** and study for them. Studying God's Word is the best way to know the answers to the questions you may get asked. Reading the Bible during your quiet times, doing your “homework” for your upcoming Sunday School class, and taking notes when your Pastor preaches will help

you when it comes time for the quiz. There are many stories from Christians who studied a particular passage of scripture during their quiet times and were asked specifically about that passage by an unbeliever later in the day. Study God's Word and the Holy Spirit can bring it to your mind when needed.

**4. Don't be afraid to say, “I don't know”.** Nobody likes a know-it-all, and keeping a humble spirit when witnessing to others is a huge plus. If someone asks you a question you do not know, simply tell them you don't know the answer. But, don't end it there. Tell them that's a great



question and that you will find the answer and get back to them. Then, do your research and return to them as soon as possible with the answer and continue your conversation. This not only provides answers to those who are asking, but it helps you grow in your knowledge of Scripture, too!

#### **5. Not every question has an answer.**

When it comes to big questions about a Big God, sometimes we must conclude that not all questions have a specific answer. Some things will not be revealed to us until we are in heaven...that's where faith comes in.

**6. Having an answer for every question is not necessary** for evangelism. For instance, did Adam and Eve have belly buttons? While that may be an interesting topic for discussion, the answer has nothing to do with the Gospel. Don't be distracted by questions that will get you off the topic of our need for a Savior.

It has been said, "Courage is not the absence of fear, but rather the judgment that something else is more important than fear."

Do you fear the idea of not being able to answer the questions you may get asked more than you fear the thought of your friends and co-workers facing

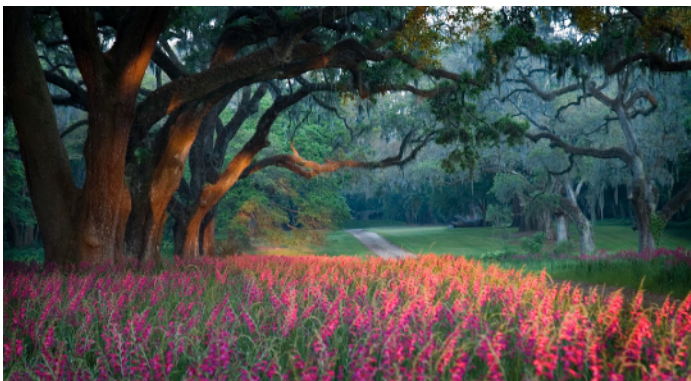


an eternity apart from God? You must overcome claustrophobia in order to overcome Hade phobia (the fear of going to hell).

God is bigger than your fear, and your friends' eternities are too important to let fear get in the way. Remember what God says: *"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."* (Isaiah 41:10)

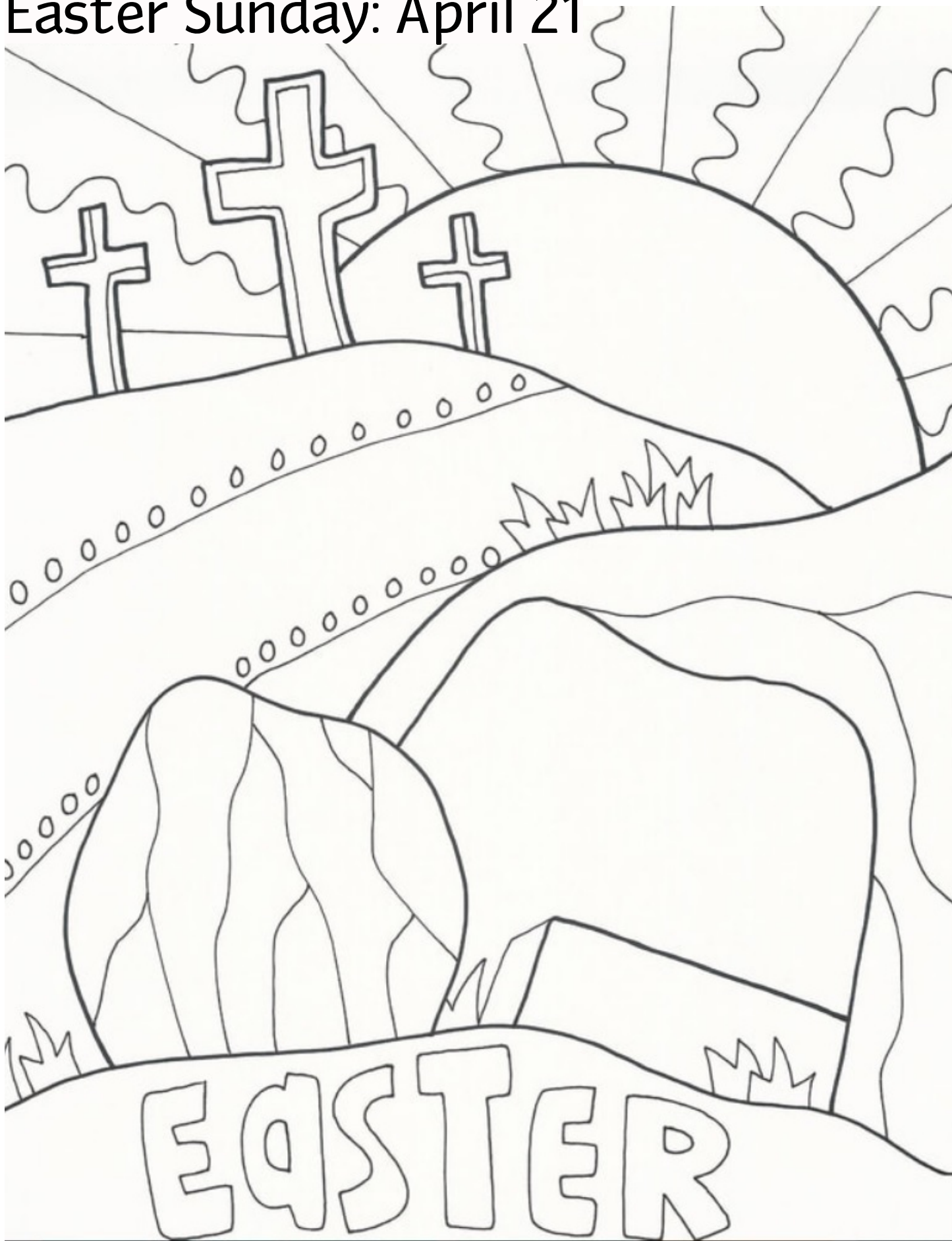
Remember that question I asked to you write down? Go find out the answer to it today!

Soli Deo Gloria,  
Haley





Easter Sunday: April 21





# **2019 HOLSTON BAPTIST ASSOCIATION VBS CLINIC**

Gas up the all-terrain vehicle and head out on a wilderness adventure like no other. Get up close and personal with elephants and egrets, polar bears and penguins, cockatoos and crocodiles, and so much more! Grab your camera and zoom in on those animals in their natural habitats. Maybe you can even snag a snapshot or two.



This summer kids will focus in on some amazing, real-life encounters with Jesus. Each encounter is like a snapshot--a specific moment in time captured on the pages of Scripture. Through VBS, kids will discover that each snapshot of Jesus is an opportunity to respond to the gospel. And when put together, these isolated encounters clearly reveal the most amazing truth of all--Jesus is the Messiah, the Son of God, and by believing we can have life in His name. Are you ready for an up close and personal encounter with Jesus? The adventure of a lifetime awaits!!

**When:** Thursday, April 18, 2019

**Where:** First Baptist Church of Blountville

## Schedule

5:45PM Open House

6:15PM Opening Rally

6:55PM Conferences

8:45PM Adjourn

**Conferences Offered:** Babies - K, 1st - 4th, VBX, Youth, Directors, Missions, Crafts, & Music.

# THE IRON MEN OF OUR CONVENTION

**BY RICH MURRAY**  
Pastor, Mountain View

I want to call your attention to a very special group of pastors. While anyone that answers God's call into ministry is special, the men that I am referring to have accepted an extra dose of responsibility. They have answered the call to be a pastor of a congregation, but they have also accepted the ministry of working a secular job. We call these men "bivocational" pastors - a term that points to their acceptance of dual callings. The North American Mission Board and the Tennessee Baptist Mission Board have simply referred to these men as the "Iron Men" of the Southern Baptist Convention. This is because of their tireless efforts of working a secular job and pastoring a congregation at the same time. I am honored that I have been called to be a bivocational pastor.

In addition to being Ministers of the Gospel, these men work as business owners, electricians, doctors, attorneys, plumbers, bankers, teachers, and a host of other occupations. They are not part-time preachers, but rather full-time ministers with dual ministries. This is the calling that Paul followed as he continued to work as a tent maker while preaching the Gospel of Jesus Christ, training pastors, and nurturing infant churches. I can only imagine the number of times that Paul shared God's wonderful plan of salvation while sewing up the seams of a tent. By working outside the church walls, he was a "marketplace" minister, where he had the opportunity to evangelize and minister to those that needed to hear the gospel.

Throughout our denomination, many of our churches simply cannot afford a full-time pastor, especially without severely compromising many of their ministries. Other churches have merely

realized that the bivocational pastor model is what works best for their congregation. At any given time, approximately 35-40% of the senior pastors in the Holston Baptist Association are bivocational. This does not take into account the numerous associate pastoral roles that are also bivocational throughout our churches. It seems certain that bivocational ministers will always be an integral part of the church landscape, as they have been for over 2000 years.

There are definite advantages for many churches and pastors to follow the bivocational route. There are also some drawbacks for the Iron Men. One of the most common problems is simply that these pastors just get tired. This is not uncommon with all men in ministry, but it can be compounded for the bivo pastor. Because their congregations tend to either forget or not understand the strains on their time and their family, there is often no one to encourage the pastor to take the needed time to relax and regenerate. The TBMB understands this and works to equip and encourage these men. While there are many resources made available for bivocational ministers, one of the most beneficial is the Bivocational Minister and Spouse Retreat that is held annually in Pigeon Forge. Every January, the TBMB hosts this retreat which features great fellowship with bivo pastors from all over the state, amazing worship, powerful preaching, and much needed encouragement for these Iron Men.

If you are a bivocational pastor, I would like to encourage you to make plans now to attend this retreat next January. If you are a leader in your church and you have any bivocational ministers on staff, I would also like to encourage you to be a blessing to the Iron Men by sending them and their wives to this retreat next year. Please make plans now, so that when registration opens next fall, the Iron Men of the Holston Baptist Association will be blessed with the needed time to re-energize spiritually and physically. Be a blessing to those that have been a blessing to us.



# INSIGHTS FOR GROWTH...

## ...PARTS 1-3

BY **BRYAN SMITH**  
HBA Church Development Specialist



*You might consider this to be your "Spring Church Renewal Bundle" this month! We are aware there is room for possible misunderstanding in these articles. Please understand the intent is only to communicate the stark realities of our day; however, it may challenge some of our readers. If anyone feels offended by what has been written, I invite your feedback so we can have a conversation that will produce a positive outcome. Over the past two months, within days of our printing, we have begun several new conversations that we are praying will lead to Kingdom growth in our Association. Our Associational Mission Strategist, Ben Proffitt and/or myself will be glad to speak with you. - Blessings, Bryan*

## REVITALIZE: PART 1

Recently, I was blessed, along with a few others, to attend a conference hosted by our North American Mission Board in Alpharetta, GA. Over the years, I have attended many of these events, so when I make this statement, I want it to be impactful - Never have I been struck more with the importance that we need to stop what we are doing as churches and reexamine our activities and our intentions. The following articles are either printed as they were written or copied down from my notes as I recorded

them. This meeting was attended as part of the initial training that is required as we are assembling a team to take the offensive in this battle to restore churches in our region.

### RENOVATE HBA TEAM

Over 70% of Southern Baptist churches are in decline or plateaued. Clearly, the spiritual warfare in which we live is taking its toll on many of our churches. Local churches are intended to glorify God as worshipers of God, be family with one another, and missionaries to the world. But having succumbed to spiritual attack, churches began to struggle in one or more of these identities. Overtime, churches that decline in health and effectiveness, reflect God less and less, and no longer impact their community with



the gospel. Thankfully, our God loves to bring transformation, pursue the “one” wandering sheep, and display His greatness by bringing new life. Our God is in the business of reviving the dying and strengthening the struggling, so we are committed to joining Him in that work by coming alongside churches to pursue revitalization.

## VISION

Glorify God by establishing a movement of revitalized and re-planted gospel-centered churches through Holston Baptist Association and beyond.

## MISSION

Equip, coach, and lead churches through revitalization or replanting and develop church revitalizers and re-planters.

## TEAM

The Renovate HBA Team will include local pastors, associational staff and valued lay leaders who are convinced of God’s passion for revitalization and re-planting struggling churches. This team will possess a variety of experiences and gifts in ministry leadership, revitalization, or church planting. It will be this team’s goal to invest in and serve churches for

the glory of God and the good of their communities by supporting, leading, and advising churches toward renewed health and effectiveness.

## APPROACH

Local churches are autonomous congregations. So when contacted, the revitalization and replanting team comes alongside existing church leadership; together, the process will begin to explore the present state of the church. This will require church leaders to honestly assess the holistic health of the church through a series of discussions, surveys, and interviews. Alongside church leadership, the team will help develop an over-arching strategy for revitalization or re-planting based upon a thorough assessment process. The strategy will be presented as recommendations on which the entire congregation will vote. The team will continue to work with the church through the implementation of the recommendations in the event of an affirmative vote. In the case of a negative vote, the team will exit the process.

Does this sound like something that peaks your interests either as a church or as a potential team member? If so, please email [bryan@holstonbaptists.org](mailto:bryan@holstonbaptists.org).



# RENOVATE

Regional Church Revitalization Conference

*Helping Churches Today Succeed Tomorrow!*

**MAY 3-4, 2019**





# REVITALIZE: PART 2



## FIVE COMMON MISPERCEPTIONS ABOUT REVITALIZATION OF CHURCHES

(taken from an article written by Thom Ranier on March 21, 2019 with Bryan's added color commentary.)

### **Misperception #1: It's only about dying churches.**

In its truest sense, we would only categorize 15 - 20% of churches as dying, meaning that within the next 3 to 5 years they will cease to exist. However, it is safe to say that more than half of our churches in the Holston Baptist Association are in need of some type of renewal. According to Rainer, *"once a church is over five years old it begins to become institutionalized and in need of some form of new life."* It is doubtful I will have anyone that would disagree with this statement.

### **Misperception #2: It's totally related to demographics.**

One might assume this to be correct, however, 77% of churches needing assistance are in areas of 100,000 people or more. It may come as a shock to you that many of these churches are in populated

areas, they can have great facilities and money in the bank! Don't assume that if you are meeting from week to week and have activities going on in your facility, that you are doing Kingdom-honoring work. Ouch! May I ask: What happens when the savings runs out and/or the generation paying the bills begin to die off??

### **Misperception #3: Churches that need revitalization have little or no money.**

Many wealthy churches are dying and they are faced with a choice to keep meeting until they either run out of money, or they run out of people! Or, could an option be to pass these funds through to those who are better prepared and may lack financial equipping? (As I study more on this particular area I believe the Holy Spirit is impressing on me more and more to consider starting an account to place these resources to be used at the discretion of the team accountable for the success of what we are doing in relaunching churches. It's just a thought at the moment.) We may never fully grasp the impact these funds can have when coupled with a young pastor, full of vision and vigor who may be lacking enough money to meet their monthly bills and possibly providing him with a livable wage.

### **Misperception #4: The primary need is a new pastor.**

Not discounting that this isn't the case in some situations, but it is NOT always the answer. Some may feel that a new pastor or possibly asking 2 to 3 young families to join them could be the "silver bullet," believing that adding this new preacher or these 2 to 3 families will magically change the *attitude*

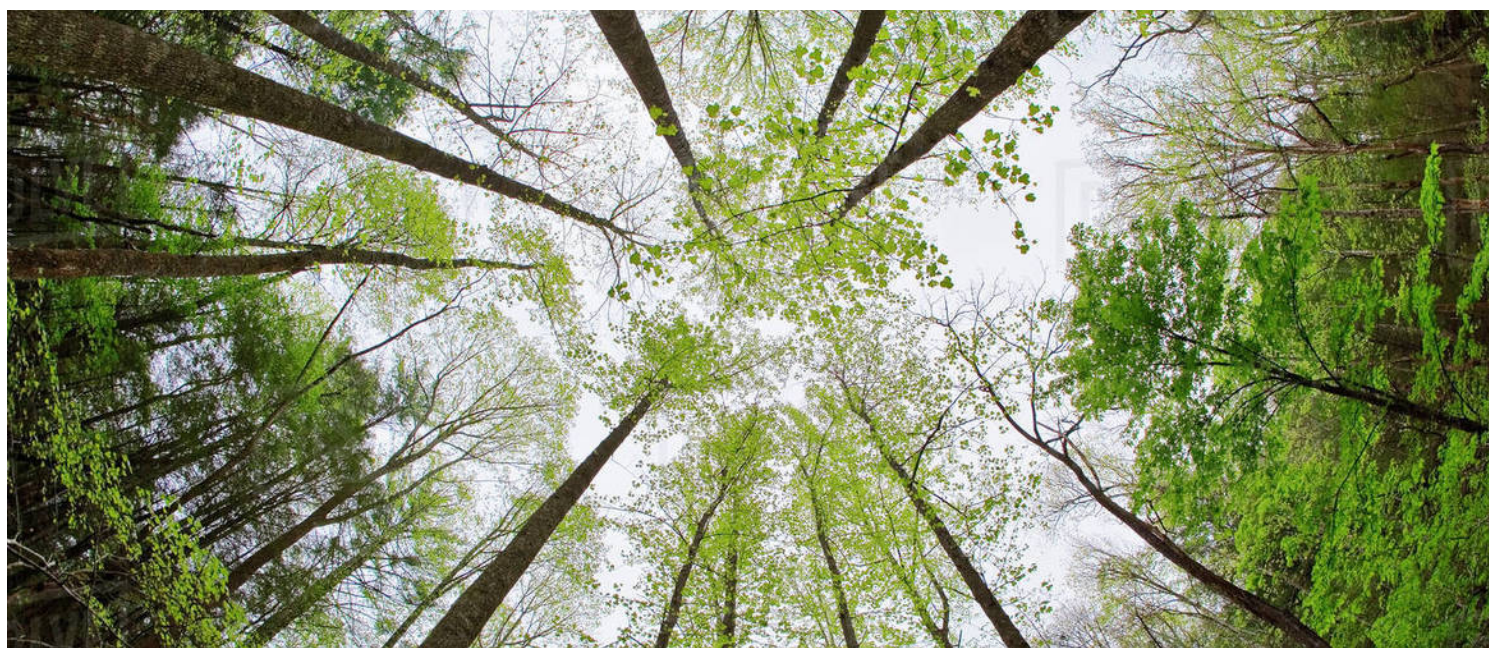
of the church. Mostly, when this has been the case (and attitudes have remained the same), it is not long before they are looking for another young pastor and 2 to 3 more new families!

For more information on assessing your attitudes, why not consider using a resource such as [www.churchhealthreport.com](http://www.churchhealthreport.com)? For \$300 you can survey a good percentage of your church members and learn where your ministry stands. Once you receive the results, call your associational representative to help you interpret them and strategize a plan of action.

#### **Misperception #5: It is largely about music and worship style.**

Not discounting the importance of worship, a particular type of music is no magic bullet either. Please hear me; if you are currently singing out of the red hymnal and switch over to Matt Redman or Chris Tomlin tunes

and throw in lights, a smoke machine and a guy who needs the other side of his hair cut, sporting a trendy looking beard, and wearing skinny jeans...see where I'm headed? Not going to work! In fact, if that were the only issue, it would probably work, but likely, there are other issues as well, such as: the membership considers their group to be an exclusive club – don't bring in anyone to change any of us because we like things just the way they are. Which means, no one in the community is being reached through a solid plan of evangelism and discipleship. Leadership replication is mostly absent and they are basically saying they don't really care about anyone but themselves. They may not say this out loud but their actions scream this reality. Ranier talks about how churches tend to get into a rut and believe a new style is needed when instead of a new *style* of worship being needed, a new *heart* of worship is needed.





# REVITALIZE: PART 3

Bob Bickford, in his introduction to REPLANT - The Associational Guide to Revitalization and Replanting, has this to say about what is necessary to make a church turnaround successful.

## **A Move of God**

No church can regain life and vitality apart from a powerful move of God. There is no strategy, no formula, or step-by-step process that insures renewal and spiritual growth in and of itself; renewable and spiritual growth is first and foremost a move of God.

## **A Humble People**

It takes grace and humility for a plateaued congregation to become an honest one who looks at the realities facing the church. With honesty, stop ignoring the struggles and give up control in order to see God work.

## **A Group of Courageous Leaders**

Seeing a church revitalized or replanted is not for the timid or weak. Difficult conversations, bold moves, and strategic actions are required and necessary. Often, these must occur in the midst of fear, misunderstanding, and conflict. Therefore, a prerequisite for seeing these kinds of churches brought to a healthy place, is leaders who are filled with the Spirit, courageous and confident of God's call on their lives to replant and revitalize a dying church.



## **A Commitment to Do Whatever it Takes**

In most declining churches, the people who remain generally agree that changes are necessary. But that commitment often wanes when the changes require having to change something personally. Ouch! They are happy to affirm the need for change in the abstract, so long as they are justified in their own persistence in the familiar.

## **A Process and a Plan**

Every church has a unique call to live out the gospel mission in its local context. Rediscovering their expression of that mission will require the leaders of a church to work together to discover God's future for their body.

So, with this being said, your Holston Baptist Association stands ready and committed to assist your church should you so desire. We are awaiting your call - let's begin the conversation.



# Mark Your Calendars



## APRIL

- 5-7 Student Conference @ Ridgecrest
- 9 Bible Drill @ Trinity @ Jonesborough - 5:45PM
- 14 Palm Sunday
- 18 Youth Ministers Fellowship - 11:30AM
- 18 VBS CLinic @ First Blountville - 5:45PM - 8:45PM
- 19 Good Friday - HBA Office Closed
- 21 Easter Sunday
- 24 Deadline for The Messenger
- 25 Drop-in Reception for Kim Kitzmiller's farewell @HBA  
10AM-2PM
- 27 Northeast Regional Drill @ FB Greeneville - Time TBA

## MAY

- 2 National Day of Prayer
- 3-4 RENOVATE Conference @ Murfreesboro, TN
- 7 Team Meeting @ HBA - 8:30AM
- 14 Executive Board Meeting @ HBA - 9:30AM
- 18 Youth Ministers Fellowship - 11:30AM
- 23 "Legacy Giving Estate Planning" - Chris Kelly of TN Baptist  
Foundation @ HBA - Details TBD
- 24 Deadline for The Messenger







# TO YOUR HEALTH

BY **GREG BURTON**

Pastor  
Colonial Heights

The human body was designed by God to work...but also to rest and recharge. The use of a Sabbath day of rest is a powerful spiritual principle for daily living. Good health must have a strong rest component to be successful. Do you get enough rest? It is not just for rejuvenating the body, but also the mind and spirit.

In Matthew 8 we find the story of Jesus on a boat in the midst of a storm. Not only was it a miracle that he could speak to the wind and waves to calm the storm, but I find it miraculous that he could be sound asleep on a small fishing boat with a strong storm raging all around him! Life always seems to have some "storm" blowing around us. Learning the value of rest during such times is critical.

The human body needs 7-9 hours of dedicated sleep each day for optimum rest and recovery. We often laugh at such totals, but they are real and achievable. Effective sleep/rest gives better health, better mood and better memory. Our attitude (particularly anger) improves greatly with adequate sleep. Our daily performance and lowered stress levels improve with sufficient rest. For preachers and worship leaders that means Saturday nights should involve a relaxing evening followed by a good, full night's sleep.

When we have demanding tasks ahead of us, a small nap or quiet time of rest and

meditation can prepare us to act wisely in the face of challenges. If we have been out late in emergency ministry the night before, go in to the office a little later to allow for good rest. Have a leisure breakfast and personal time. It is a good practice for you and the church. In Jeremiah 31:25-26 we are told that God desires to satisfy the weary soul and replenish us with sleep that is pleasant.

There are distractions to good sleep. Electronic distractions keep us from a reasonable bedtime: iPhones, television, computers. Working too late into the night can throw off our good schedules, as can travel. Eat spicy foods much earlier in the evening and avoid caffeine near bedtime. Do your exercise earlier in the day, as extreme exercise can stimulate muscles and mind. Do not overbook your Sundays. On the day that God declared a day of rest and worship we tend to pack it full of services, studies, visits, fellowships and committee meetings where no one can rest. Pace yourself.

If you are having medical issues in getting sufficient sleep (apnea) see your physician for help. Allow your mind and body to wind down in the late evening. Sleep in a cooler room. Use eye masks or earplugs if needed. Let your body drift away. Remember the call of Jesus that he invites the weary to come to him and find rest. You deserve it and need it.



Holston Baptist Association  
in Cooperation with  
Carson Springs Baptist Conference Center  
Presents:



Tuesday,  
June 18, 2019  
thru Friday,  
June 21, 2019



*Seek it like silver  
...search for it like hidden treasure,  
then you will understand the fear of the Lord  
and discover the knowledge of God.  
(Proverbs 2:3-4)*

The camp Registration Packet will be  
available for download at  
[www.holstonbaptists.org](http://www.holstonbaptists.org) on Friday, April 12



## Christian World View Conference Series:

### Navigating this Culture of Confusion

- ♦ Hear from reliable and knowledgeable sources
- ♦ Enjoy fellowship with other concerned citizens
- ♦ Learn how to stand more fully for Biblical precepts
- ♦ Gain insight into the steady attack on Christian values
- ♦ Tables of resources for further learning will be available

**Date:** Thursday May 2 at 7am (The National Day of Prayer)

**Location:** Trinity Baptist Church

260 Headtown Rd, Jonesborough, TN

Just off Hwy 11E from Johnson City to Jonesborough, take a right at the traffic light at Headtown Rd.  
It is about 400 yards on the right down Headtown Rd.

**Free Breakfast if you sign up by April 29th**

**Signup at:** <http://ow.ly/eGCo30o6Zp0>

**Speakers:**

**Mr. David Fowler**, attorney, 12 years a State Senator and President of Family Action Council of TN in Nashville, Biblically knowledgeable Christian and keen observer of today's culture.

**Jonathan Woods** of World News Group in Asheville, NC a Christian News Group. Get a free 3 month trial subscription to World magazine.

For more info send an email to: [cwvJn3.16@gmail.com](mailto:cwvJn3.16@gmail.com)

**SAVE THE DATE!**



**ALL NATIONS CAMP 2019**  
**May 26-29 // May 29-June 1**

**T:M** Tennessee Baptist  
MISSION BOARD

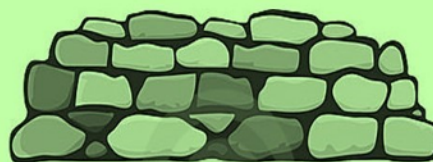
UP-COMING EVENTS

**Greenwood Baptist will be in revival**  
**May 5-8.**

**Speaker is Rev. Dennis Deese**

**102 Elliott and Scott Cir, Johnson City, TN 37604**

**LAMAR**  
**CAMPMEETING**



*"Wilt thou not revive us again: that Thy people may rejoice in Thee?" -- Psalm 85 : 6*

**MONDAY, MAY 20<sup>TH</sup> -THRU- FRIDAY, MAY 24**  
**7PM NIGHTLY**

**AT FENDER'S FARM**  
**254 HIGHWAY 107, JONESBOROUGH, TN 37659**



# Giving a little SHOUT OUT...



to the ladies of First Baptist Jonesborough WMU. They have been busy sewing dresses to put in their Samaritan's Purse OCC Christmas boxes. They have made close to 80 dresses (with matching purses) with the goal being 100. They are well on their way! Well done, ladies!!



## Administrative Assistant Position

**Woodlawn Baptist Church** is seeking a **part-time Administrative Assistant**. Candidate should have knowledge of Microsoft Office (Word, Excel, Power Point, Publisher & Outlook) and Accounting Principles (Payroll, Accounts Payable, & General Ledger). Candidate must maintain confidentiality. 2 years' experience preferred. Salary negotiable with education and experience. Some paid holidays.

Send resume to: 1400 Southside Avenue, Bristol, TN 37620 or drop off resume at the above mentioned address between 9AM & 2PM Mon-Thurs. Att: Personnel Committee.



## Interested in a ministry internship?

**HBA** is looking for **interns** in several areas. Are you considering the ministry or are you young in the ministry and looking for experience? We may have a solution for you! Over the next several months HBA will have several opportunities where you will be able to gain valuable experience.

For more information, send your email to [bryan@holstonbaptists.org](mailto:bryan@holstonbaptists.org) and type internship in the subject line. Bryan will get back with you and explain the details.



## Secretary Position

**Calvary in Erwin** is interviewing for a **full time secretary**. Candidate should know MS Office and ACS.

Interested parties should call pastor David Crutchfield at 423-330-4350

**The Johnson City Press** is looking for individuals looking for **part-time** and early morning hours to deliver their paper. Perfect for stay-at-home moms, seniors, or college students to earn some extra income. Call Ron Hood at 423-722-1324 for more information.







This is a **FREE** event for all church and associational **secretaries/assistants**. This is a opportunity for you to meet other secretaries/assistants that are in and around your area and just have time for fun, food, and fellowship.

**Time: 11:30 a.m.-12:30 p.m.**

Lunch sponsored by Tennessee Baptist Mission Board and Tennessee Baptist Convention Secretaries Association (TBCSA)

**April 2- Oak Grove Baptist Church, Mt. Carmel, TN**

Register online at <https://tn.sbcworkspace.com/Pub/Event/Register/55230404>



## **Compassion Ministry Network Meeting- Harvest Field 7**

We are seeking to network churches that are doing some form of compassion ministry with other churches, associations, and compassion ministry centers. We are also hoping to encourage churches to develop compassion ministries if they are not currently involved in such ministries.

Our compassion ministry network meeting has been set for Harvest Field 7 at Alpha Baptist Church, 245 St John's Road, Morristown from 10:00-2:00 on April 11. Lunch will be provided. Please let us know by April 9 by emailing Carrie Kidd at [ckidd@tnbaptist.org](mailto:ckidd@tnbaptist.org) or calling 615-371-2025 if you and/or others from your church plan to attend. Should you have comments or questions, please give Joe Sorah a call at 423-895-1481.



**FREE**

**RESOURCES**

@ HBA office

first come, first served



# Spring Word Search with Riddle

Find the words in the Word Search. Color each word a different color. When you have found them all, go across the rows and write the letters that are left on the lines below. This will give you a spring riddle.



butterfly



snail



cloud



kites



flowers

c	w	h	y	r	k	a	r	c
e	l	f	l	a	i	b	o	a
d	w	o	e	i	t	u	f	t
r	r	s	u	n	e	t	l	e
a	l	a	z	d	s	t	o	r
g	s	n	a	i	l	e	w	p
o	y	b	t	h	e	r	e	i
n	w	y	i	a	r	f	r	l
f	o	e	a	r	l	l	s	l
l	r	w	a	y	d	y	s	a
y	m	i	n	b	e	d	s	r



dragonfly



worm



rain



bird



caterpillar

\_\_\_\_\_?

Answer: \_\_\_\_\_

\_\_\_\_\_



Get THE Messenger  
on your Phone!  
Text to join!  
Text: JOINHBA to 84576

*\* no password is required*

*Text STOP to 84576 to stop txt notifications at any time. Text HELP for help. There is no charge for this service, but your carrier message and data rates may apply. View privacy policy & terms at flocknote.com/txt.*

## WANT TO INCLUDE SOMETHING IN THE MESSENGER?

To submit your information for May 2019, please email [claudia@holstonbaptists.org](mailto:claudia@holstonbaptists.org) by the deadline: **Wednesday, April 24th.**

Please be aware we will not be accepting submissions *after* this date. This will help us get The Messenger into your hands as soon as possible.

Thank you!



**make sure to follow us on FB!**



**Office Hours**  
**Monday thru Friday**

**8:30am - 4:30pm\***

**423.929.1196**

**\*On Wednesday mornings we will not be available to  
answer phones due to our weekly staff meetings**

**email us at: [hba@holstonbaptists.org](mailto:hba@holstonbaptists.org)  
[www.holstonbaptists.org](http://www.holstonbaptists.org)**

